**WEBSITE IN FOCUS**
**By Zak Masud, Information Systems Analyst II, CIOB**



In this corner we will focus on websites that are useful or resourceful in some manner. Today's website is *sleepyti.me*. Notice - the website does not end with a *.com*, *.net* or *.org*, instead it is *.me*. So, when you type in the website address - it is *SLEEPYTI.ME*. They named it this way to make it easy to remember as *sleepy time*.

**What does it do?**

This website will identify the time you need to go to sleep based on your desired time to wake up. It will give you few options to choose.

Or if you are going to bed now, it will calculate the time you need to set your alarm to wake you up. Once again, it will give you few options.

It calculates these times based on the human sleep cycles. As you might know - if you wake up in the middle of a sleep cycle, you will feel tired, groggy; but if you wake up at the end of your sleep cycle, you will feel more refreshed.

Hope you'll find this website useful.